

Hawaii Marine



Lance Cpl. Kasey Peacock | U.S. Marine Corps Forces, Pacific

Representatives from multiple Asia-Pacific nations observe the opening ceremony video to the Association of Southeast Asian Nations Humanitarian Assistance/Disaster Relief and Military Medicine Exercise at the Multinational Coordination Centre in Muara, Brunei Darussalam, June 17. More than 2,500 multinational personnel from 18 Asia-Pacific nations are participating in the ASEAN exercise, which provides a platform for regional partner nations to address shared security challenges, strengthen defense cooperation, enhance interoperability and promote stability in the region.

Asia-Pacific nations welcome official start to ASEAN exercise

Lance Cpl. Kasey Peacock
U.S. Marine Corps Forces, Pacific

MUARA, Brunei Darussalam — The commander of the Royal Brunei Armed Forces addressed military leaders announcing the official start to the Association of Southeast Asian Nations Humanitarian Assistance/Disaster Relief and Military Medicine Exercise at the Multinational Coordination Centre in

Muara, Brunei Darussalam, June 17. Brunei Maj. Gen. Dato Paduka Seri Haji Aminuddin Ihsan, commander RBAF, expressed his hopes and expectations for the exercise and commented on the importance of disaster relief efforts in the region. “We in Brunei take great pride in the honor to host this exercise that has brought together more than 2,500 personnel from many different

nations,” said Aminuddin. “With the imminent danger of natural disasters in the region, we are hopeful that bringing together the different nations to work together will help us in the future. The exercise, which ran from June 17 to 20, focused on a post-tropical revolving storm typhoon rescue, survey, recovery and disaster relief in the vicinity of the District of Temburong, as well as other locations in Bandar Seri

Begawan, Muara Naval Base and Rimba Air Force Base. Day one of the exercise consisted of establishing communications between the control team at the MNCC and medical personnel at various field training exercise stations, according to James Welsh, the deputy for engagement and training at the *See ASEAN, A-8*

Be aware of headphone regulations aboard MCBH

Lance Cpl. Janelle Y. Chapman
Marine Corps Base Hawaii

Marine Corps Base Hawaii is revamping its enforcement of Base Order 5560, restricting the use of headphones while walking or jogging. No person is allowed to wear headphones or other listening devices while walking or jogging anywhere except a trail or track designed for exercise. This is not a new base order but a stronger enforcement of the order. The order affects all service members, family members, Department of Defense civilians, and base guests. “A lot of people use music as motivation,” said Sgt. Somerville Atily, adjutant administration noncommissioned officer. “And some don’t like to be a hypocrite. They don’t want to tell people to not do something that they want to do themselves, but people need to enforce it.” Marine Corps Base Hawaii residents and guests must also walk or jog on the left side of the road, facing oncoming traffic, cross only at crosswalks whenever possible, and



Lance Cpl. Janelle Y. Chapman | Hawaii Marine

wear reflective belts or vests between evening and morning colors. These orders affect all pedestrians walking, running and pushing strollers. The Marine Corps order for headphones and other listening devices states a person must be a minimum of 3-feet away from any traveled portion of any street, road, or parking lot. Using headphones is, however, allowed when on a walking/running track or sidewalk. This order has been in effect since Nov. 29, 2011, but is subject to the command’s discretion. “It’s difficult to police,” Atily said. “Most violations are witnessed from people in

vehicles. You can’t just stop driving to correct them. It’s up to the pedestrian to stop them but even that is difficult because they’re sprinting past you. They can’t hear you through their headphones.” The importance of this order is to keep everyone aboard the base safe. Headphones alter a pedestrian’s ability to be aware of surroundings and hear oncoming or emergency vehicles. The order can be viewed by those with Sharepoint access. For more information on this order and others, visit the Base Safety Directorate or call 257-1830.

MASP helps sharpen math, English skills

Kristen Wong
Marine Corps Base Hawaii

Service members and eligible civilians looking for an opportunity to sharpen their basic math and English skills are currently able to enroll in the Military Academic Skills Program until July 26, for the next session scheduled for Aug. 5 through 30. The monthly program, hosted by the Education Center, is a four-week course taught Monday through Friday, from 7:30 a.m. to 4:30 p.m. Students meet in building 220 for a morning and afternoon class, with a break for lunch. Instructors in MASP classes teach students writing skills such as vocabulary and grammar, and review various levels of math as high as calculus. The students take the Test for Adult Basic Education in the beginning of the class and again upon completing MASP to gauge their progress. “(MASP) is a great basic skills program for (service members separating from the military) and planning to go to any type of school: vocational, technical, or university,” said Maria Fullenwider, an education and career specialist at the Education Center. Generally, enlisted service members with a general technical score of 99 or lower or a TABE score of 10.2 or lower are encouraged to enroll in MASP, according to Marine Corps Order 1560.25. Enlisted service members may elect to take MASP, or may be referred by their unit. But MASP is not solely for service members who have lower test scores or are returning to the civilian sector. Students can take MASP classes to improve their skills as they continue their military career, or to prepare for college. Although priority is given to service members, MASP is also open to anyone with base access, including family members and Department of Defense civilians. *See MASP, A-8*



Wahine Koa tames Wardawgz
Marine Corps team loses 18-6 in flag football, **B-1**



Extraordinary climb
Take a journey on the Pali Puka trail, **C-1**



NEWS BRIEFS

Naval Health Clinic Hawaii Independence Day weekend hours

All Naval Health Clinic Hawaii health care operations will have special hours for Independence Day weekend, including all medical/dental facilities at Branch Health Clinics Makalapa, Camp Smith, Wahiawa, Marine Corps Base Hawaii, Pearl Harbor Naval Shipyard and Pacific Missile Range Facility Barking Sands. All routine care should be planned prior to or after the holiday weekend. The hours are listed below:

- Today:** Only BHC Makalapa will be open from 8 a.m. to 4 p.m. for acute care needs. All other clinics are closed.
- Saturday:** The urgent care walk-in clinic at Makalapa Clinic will be open from 8 a.m. to noon and 1 to 3 p.m. for acute care needs.
- Sunday:** All NHCH health care operations will be closed. All clinics will reopen for regular business hours Monday.
- Effective July 13:** Naval Health Clinic Hawaii will no longer offer its Saturday Urgent Care Walk-in Clinic at Branch Health Clinic Makalapa. All clinic operations will be closed to include pharmacy, lab and central appointments as a result of sequestration. Beneficiaries can speak to a health care provider after hours by calling the “Provider After-Hours Advice Line” at 473-0247, ext. 3. For emergencies, dial 911 or go to Tripler Army Medical Center. For active duty dental emergencies, call 864-4705.

Counterintelligence awareness training

The threat from hostile foreign intelligence entities to Department of Defense personnel, facilities and systems is very real and on the rise. All personnel assigned to the Pacific theater must take measures to protect against these threats by optimizing organic counterintelligence capabilities and attending CI awareness training. All personnel must remain vigilant and continue to place focus and accountability on awareness of hostile FIC and insider threats. Report all suspicious activities, no matter how minor they appear. All hands must attend. Training sessions are Wednesday, 8 a.m. and 1:30 p.m., and July 16, 1:30 p.m. at Pollack Theater aboard Camp H.M. Smith. Training sessions are also available Thursday and July 19, 8 a.m. at the base theater. For inquiries, call the U.S. Marine Corps Forces, Pacific security manager at 477-8939; the Marine Corps Base Hawaii security manager at 257-8846; the MarForPac special security officer at 477-8583; or the Naval Criminal Investigative Service Field Office at 474-1218. Additional information can also be found at <http://www.ncis.navy.mil>, or by calling 1-800-543-NAVY (6289). Text “NCIS” and your tip info to CRIMES (274637).

Environmental department to close Fridays

If furloughs are implemented as currently planned, the Environmental Compliance and Protection Department offices will close once a week, Fridays. The closures are scheduled for up to 11 days between July 12 and Sept. 20. Office closures will affect the environmental staff in buildings 1359 and 1360 and the base recycling center at building 132. The Hazardous Material Minimization Center, Reuse Room (building 6407) and the Base Hazardous Waste Accumulation Site (building 6409) are not affected by the furlough and will remain open Monday through Friday, 7 a.m. to 3:30 p.m. For inquiries, contact Capt. Derek George at 257-5640 or derek.george@usmc.mil.

Important phone numbers

On-base emergencies	911
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077



www.mcbhawaii.marines.mil	
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CONGRESSWOMAN GABBARD VISITS MCBH



Lance Cpl. Suzanna Lapi | Hawaii Marine

Congresswoman Tulsi Gabbard, the U.S. Representative for Hawaii’s second congressional district, chats with Col. Brian P. Annichiarico, commanding officer, Marine Corps Base Hawaii, while visiting base housing, Monday. Gabbard also met with members of Forest City Residential Management and Solar City to discuss base housing and the new solar panels being installed on houses. Gabbard and others received a firsthand look at base housing during their visit. Annichiarico and Sgt. Maj. Robert Eriksson, MCB Hawaii sergeant major, spoke with Gabbard about living on base and how the solar panels benefit the Marines and their families by reducing energy costs and saving the environment.

FLYING THROUGH AVIATION DAY



Photo courtesy of Fleet Logistics Support Squadron 51

Several Navy Junior Reserve Officers Training Corps cadets stand with members of Fleet Logistics Support Squadron 51 during Aviation Day held in June. The cadets took a tour of the unit offices and explored aircraft inside the squadron’s hangar. Members of the squadron featured are from left to right: Petty Officer Jonathan Myers, Lt. Cmdr. Chris Watson and Petty Officer Cynthia Colby.

Commandant’s reading requirements changed, Marines crack open books

Lance Cpl. Janelle Y. Chapman

Marine Corps Base Hawaii

Everyone in the Marine Corps, one time or another, has been told to read a book from the Commandant’s Professional Reading List, but as of Jan. 2, Gen. James Amos, commandant of the Marine Corps, revised the CPRL. Every Marine must read at least three books from the “Commandant’s Choice” or “Level” sections each year. “I think it’s a great idea,” said Cpl. Mitchell Arrezola, a rifleman with Fox Company, 2nd Battalion, 3rd Marine Regiment. “It helps Marines gain knowledge and experience.” The updated version of the CPRL consists of more than 150 books. Some of the books have been required for years while some were just added. The three sections of the CPRL are the “Commandant’s Choice,” “Levels” and “Categories.” The “Commandant’s Choice” consists of only four books, but all four books are required reading for all Marines. “A Message to Garcia” by Elbert Hubbard and “The Warrior Ethos” by Steven Pressfield, along with “Leading Marines” and “Warfighting,” both by the Marine Corps, are required. “I’ve gained a lot of knowledge from reading their stories,” Arrezola said. “It shows you how the Marine Corps has changed from then to now. It gives us knowledge on our history.” The “Levels” section has 10 different subcategories ranging from what an entry level enlisted recruit should read to senior level officers, including colonels and generals. All Marines are required to read the books specifically listed for their particular rank subcategory. “The commandant does everything for a reason,” Arrezola said. “Everyone will gain from it. The knowledge you gain can help on promotion boards.” The “Categories” section includes extended reading material that is not required, but strongly recommended. There are eight subcategories ranging from books about aviation to books about leadership. These books may not be required, but are strongly suggested to broaden a Marine’s understanding and knowledge and help with promotion states ALMAR 001/13. How a Marine completes the annual reading requirement is at the discretion of the command. After a Marine completes the required annual reading, it will be noted in the Marine’s fitness report. The completion of the required reading should be reflected in the Marine’s proficiency and conduct marks. The Marine Corps is attempting to make print, electronic and audio formats of each book available to Marines. Marines can review the CPRL and find information on where to get the books at <http://guides.grc.usmcu.edu/usmcreadinglist>.

Examples of recommended reading for enlisted Marines to fulfill reading requirements:

Private to corporal:
“Rifleman Dodd” by C. Forester

Sergeant to staff sergeant:
“First to Fight: An Inside View of the U.S. Marine Corps” by V Krulak

Gunnery sergeant, master gunnery sergeant, first sergeant:
“Flags of Our Fathers” by J. Bradley

Master gunnery sergeant, sergeant major:
“The Face of Battle” by J. Keegan

Examples of recommended reading for Marine officers to fulfill reading requirements:

Warrant officer, first and second lieutenant:
“All Quiet on the Western Front” by E. Remarque

Chief warrant officers 2, 3, captain:
“Attacks” by E. Rommel

Chief warrant officers 4, 5, major, lieutenant colonel:
“Battle Cry of Freedom” by J. McPherson

Colonel to general:
“Another Bloody Century” by C. Gray

AROUND THE CORPS

Radio check: Afghan soldiers improve communications skill

Sgt. Ned Johnson
Regimental Combat Team 7

CAMP SHORABAK, Afghanistan — A Marine raises his hand and counts down in Dari. At “yak”, or one, a squad of Afghan soldiers runs across a field to a radio antenna, carries the equipment to the starting point and begins to earnestly assemble the antenna. As the soldiers work closely with one another, Staff Sgt. Leo Tapia, the radio chief with the Signals Kandak Adviser Team, supervises the training and shouts encouragement to them in Dari.

Down the road, Sgts. Adam Phillips and Reginald Taylor, both data chiefs, supervise Afghan soldiers as they assemble a satellite receiver and connect phones and internet to the satellite network.

This training is just a normal day for the Marines with the Signals Kandak Adviser Team who train and advise the Afghan National Army soldiers with the Signals Kandak, 215th Corps on using the equipment purchased by the Afghan National Army.

The Signals Kandak, which is similar to a Marine communications battalion, is composed of radio operators and data specialists who provide communications support to their fellow soldiers in the 215th Corps. The Marine adviser teams provide support and training to improve the soldiers’ capabilities.

“I want them to be effective communicators, so we build them from the ground up,” Tapia said. “I don’t want them out there in a real life situation and unable to communicate.”

Since the Kandak was formed in spring 2012, the soldiers have learned a lot, and now the Marines are working on fine tuning those skills.

“They know all the characteristics of all their radio equipment,” said Tapia, a 30-year-old native of Yakima, Wash. “I quiz them on a daily basis. I ask all the soldiers questions about each radio, and they have really impressed me.”

While the Marines spend all morning and part of the afternoon training the soldiers, they are also building relationships with their fellow Afghan communicators.

“It was very important for me to build rapport with my soldiers before I jumped into any classes. Getting them to trust me and respect me was the most impor-



Staff Sgt. Leo Tapia, the radio chief with the Signals Kandak Adviser Team, assists an Afghan National Army soldier with assembling a radio antenna, Monday.

tant thing I could have done,” Tapia said. “My Afghan name is Mir Wis. I speak Dari with them all the time, and they like that.”

While the radio operators assembled antennas, the data specialists trained with their satellite communications network. The soldiers can easily assemble and disassemble the satellite receiver, Phillips said. Now they are working on problem solving.

“It has been a real challenge,” said Phillips, a 25-year-old native of Tehachapi, Calif. “But when they do awesome it is so rewarding to see.”

The soldiers can successfully set up the satellite to connect to a communications network in Kabul, Phillips said. The network also allows them to setup landline phones and access the internet.

At one point Afghan soldiers went to a base in Sangin and repaired the Afghan Army’s communications by replacing the cable and changing the cable tips. They completed the job without the assistance of their

Marine advisers, Phillips said with a smile.

The Afghan soldiers also understand why communications is important and are grateful for the equipment the Afghan Army has supplied them.

“This technology is great,” said Ayaz Ahmad, a data specialist with the Signals Kandak. “It makes our job easier when we are going in on a mission and have to setup communications.”

Ahmad also said he is proud to serve his country because he loves it and that he has learned a lot from the Marines. The Marines have worked hard to ensure the soldiers have learned, Tapia said. This includes being patient with the soldiers and working daily through the cultural and language barriers.

“It makes me extremely proud to be able to say I helped train close to 100 soldiers on radio communications,” Tapia said. “The end result is that they will take this training and use it to support their future mission.”

VMM-365 Marines receive awards for bravery

Cpl. Manuel Estrada
Marine Corps Air Station New River

MARINE CORPS AIR STATION NEW RIVER, N.C. — Maj. Gen. Robert F. Hedelund, 2nd Marine Aircraft Wing commanding general, presented Marines from Marine Medium Tiltrotor Squadron 365 with two Distinguished Flying Crosses and five Air Medals in their hangar aboard Marine Corps Air Station New River, June 28.

The Marines were awarded for the bravery and courage shown during a mission to insert a reconnaissance raid force into a heavily-defended enemy landing zone in Afghanistan in June 2012.

This is the first time Marine Corps MV-22B Osprey pilots have been awarded the Distin-

guished Flying Cross.

Despite suffering damage to the Osprey’s critical flight systems, Maj. Michael W. Hutchings displayed poise and demeanor by quickly reassessing the landing plan and returning to the heavily-defended objective area to reinforce the raid force enabling them to successfully complete their mission.

“Receiving the award is definitely gratifying,” said Hutchings. “I couldn’t have done anything without my Marines.”

Capt. David W. Haake also earned the Distinguished Flying Cross for his action under fire and his calm directions when an Afghan soldier was shot.

Even after Haake’s Osprey received 12 shots to critical



Maj. Michael W. Hutchings and Capt. David W. Haake, Marine Medium Tiltrotor Squadron 365 MV-22B Osprey pilots, stand at attention after receiving Distinguished Flying Crosses in the squadron’s hangar, June 28.

flight controls, fuel systems and a severe fuel leak, he was able to maneuver the Osprey to a safe landing zone.

“Haake’s bold and heroic actions in the face of danger

saved the lives of Marines and an Afghan soldier,” according to the award citation.

Haake dedicated the award to his Marines.

“If it was not for them, I would not be standing here now,” he added.

“This is one of the few things that go on in a general’s day that are truly fun,” said Hedelund, after pinning the medals on the Marines. “It’s a great honor, from a Marine Corps’ perspective. This is what it’s all about.”

The following Marines were awarded the Air Medal for their actions during the same mission: Capt. Joel A. Vandenende, Capt. David R. Austin, Sgt. John M. Leist, Sgt. Shane M. Moreland and Sgt. Matthew E. Belleci.

Corpsmen conduct mass casualty exercise during Dawn Blitz 2013



A Marine from 2nd Battalion, 5th Marine Regiment, 1st Marine Division, evacuates a simulated casualty played by a sailor from 1st Medical Battalion, 1st Marine Logistics Group, during a mass casualty exercise aboard Camp Pendleton, Calif., June 26.

Courtesy Story
1st Marine Logistics Group

MARINE CORPS BASE CAMP PENDLETON, Calif. — Corpsmen with 1st Medical Battalion, 1st Marine Logistics Group, displayed their medical expeditionary capabilities in support of Marines from 2nd Battalion, 5th Marine Regiment, 1st Marine Division, during a mass casualty exercise aboard Camp Pendleton, Calif., June 26, as part of Dawn Blitz 2013.

The four-day exercise tested the Marines’ and sailors’ technical proficiency and ability to work in unison amidst an increasingly stressful and chaotic environment.

Marines from 2nd Bn., 5th Marines, responded to the simulated ambush with speed and intensity, securing the area and evacuating casualties played by sailors from 1st Medical Bn., 1st MLG.

The casualties were flown to a nearby treatment site by CH-46s from Marine Medium Helicopter Squadron 268, 3rd Marine Aircraft Wing. At the treatment site, corpsmen from 1st Medi-

cal Bn. promptly stabilized the critically wounded patients, provided life-saving techniques and sent them to other tents for follow-on care when necessary.

“There are a lot of people involved in making sure the riflemen get back safely,” said Navy Lt. Paul B. Dalangpan, company commander for Bravo Surgical Company, 1st Medical Bn.

Approximately 70 personnel from 1st Medical Battalion participated in the exercise and treated 15 casualties with different injuries.

The exercise emphasized realism and immersion. The corpsmen practiced their ability to perform life-saving surgeries in the Forward Resuscitative Surgical System while the simulated casualties wore detailed special-effects makeup and acted out their injuries realistically.

“It is important to expose the doctors, nurses and corpsmen to the sights, sounds and smells,” said Dalangpan, a native of Carson, Calif. “We want to familiarize them firsthand, so that if they are ever in a situation to treat casualties in that environment, they are best pre-

pared.”

For Seaman Trevor Z. Ryan, a hospital corpsman with 1st Medical Battalion and native of Huntington Beach, Calif., participating in the exercise for the very first time was both stressful and educational.

“I’ve never been in a Shock Trauma Platoon before, and some of us are fresh out of school,” said Ryan. “We have actors who are real amputees. It’s high speed and there’s a lot of realism. Personally, I’m a hands-on learner, and the more I do it, the better I get.”

Ultimately, the focus of the doctors, nurses, corpsmen and Marines of 1st Medical Bn. is to support infantry units like 2nd Bn., 5th Marines, in the battlefield, said Dalangpan.

“Rehearsing our medical capabilities requires a lot of practice,” said Dalangpan. “For surgical procedures in the field, we don’t have the hard structures you would see in a hospital. It is critical that we rehearse our capabilities in this environment so that we can be prepared to support (the infantry).”

'Kings of Battle'

Increase combat efficiency through mortar training

Story and photos by
Lance Cpl. Matthew Bragg
Marine Corps Base Hawaii

SCHOFIELD BARRACKS, Hawaii — Marines from Bravo Battery, 1st Battalion, 12th Marine Regiment, conducted a live-fire exercise using 120mm M327 Towed Rifle mortars, June 25. This was the first time the battery has fired this particular mortar system.

The M327 is the Marines' transportable indirect fire support capability and can be easily emplaced, fired, maneuvered and displaced using a four-to-five man crew.

The exercise was part of a two-week course for Marines to learn how to operate the mortar systems. Bravo Battery used three guns to fire 74 120mm mortar rounds. This familiarized the Marines with the system and allowed them to understand its capabilities.

"Most of the guys out here have never shot the M327s before, so it's a new experience for them," said Sgt. William Horton, gun three section chief with Bravo Battery, 1st Bn., 12th Marines, and a native of Vassar, Mi. "We're out here to learn the mechanics and advantages of these machines, but we're trying to have fun with it too."

The live-fire exercise also marked the first time 1st Bn., 12th Marines, fired the mortar systems on Oahu.

"We've fired (mortars) before as a battalion on the big island, but this is the first time we get to fire on Oahu," said Capt. Brennan Simi, commanding officer of Bravo Battery, 1st Bn., 12th Marines, and native of Houston. "We're excited to be able to shoot these systems and train right here in our own backyard."

Becoming familiar with the M327 allows the battalion to provide increased combat support using short-range M327 mortar systems along with the M777 howitzer artillery systems.

"The greatest advantage of these systems is its maneuverability," Horton said. "Unlike the howitzers, the (mortar) systems require fewer Marines, and we can use

them for cover and concealment. In a combat zone, an MV-22 osprey can hold an artillery battalion with three guns and drop them off to provide immediate support fire."

Before firing, Marines lined up the M327s and aimed them down range to match the azimuth designated for each system. When fired, the impact of the rounds are the same distance from each other as the mortar systems are from one another.

"We run azimuths to help determine the direction of the mortars," said Staff Sgt. Ryan Edwards, local security chief with Bravo Battery, 1st Bn., 12th Marines, and a native of Potosi, Mo. "The forward observers send us the coordinates to where they want the rounds to impact, and we match them up. After a few adjustments, what he's looking at is what I'm looking at."

Aside from the exercise's main goal to teach Marines how to operate the M327s, Marines needed to become experts on the firing systems as well.

"I want them to work on basic procedures and leave as experts so they can teach their Marines how the mortar system works," Brennan said. "Our focus is to ensure each Marine's overall capabilities when it comes to firing short and medium-range artillery."

Different fire missions called for a different number of rounds each time and Marines scattered across the firing line to load mortar shells in the loading barrel. After the round was loaded, the section chief called "standby" and the final command, "fire!"

"Mortarman go to school for five weeks to learn how to operate and fire each mortar system," Edwards said. "For these guys to come out here and do all of that in seven days is quite an achievement."

BELOW: Sgt. Terry Lott, a cannoneer with Bravo Battery, 1st Battalion, 12th Marine Regiment, aims their M327 Towed Rifle mortar firing system in preparation for a live fire exercise at Schofield Barracks, June 25. In an effort to aim the mortar systems precisely, forward observers draw azimuths to match up their firing coordinates with the same coordinates the mortar systems are aimed.



ABOVE: Marines from Bravo Battery 1st Battalion, 12th Marine Regiment, position an M327 120mm Towed Rifle mortar as the battery prepares to begin a live fire exercise of shooting 74 mortar rounds down range at Schofield Barracks, June 25. Firing the M327s was a first for many of the Marines on the firing line, and their goal was to become experts at operating and maneuvering the firing systems.

Sgt. Terry Lott, a cannoneer with Bravo Battery, 1st Battalion, 12th Marine Regiment, right, pulls the lanyard to ignite an M327 Towed Rifle mortar system, during a live fire mortar exercise at Schofield Barracks, June 25.

Cpl. Nathaniel Meeks, a cannoneer with Bravo Battery, 1st Battalion, 12th Marine Regiment, right, loads a 120mm mortar round in the barrel of an M327 Towed Rifle mortar system during a fire mission of multiple rounds at Schofield Barracks, June 25. The battery fired 74 mortar rounds using three M327s, and it was the first time firing the mortar systems for most of the Marines.



The ignition and blast from a mortar round fired from an M327 Towed Rifle mortar system as Marines with Bravo Battery, 1st Battalion, 12th Marine Regiment, conduct a live fire training exercise at Schofield Barracks, June 25. The exercise was the first time 1st Bn., 12th Marines conducted firing exercises with the M327s on Oahu.





Sgt. Ian Polhamus, squad leader, third platoon, Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force Darwin, poses in front of an Australian flag, at Robertson Barracks, Northern Territory, Australia, June 27. Polhamus lived "Down Under" for seven years. He said Australia feels like his home away from home.

3/3 Marine's home away from home

Sgt. Sarah Fiocco
Marine Rotational Force Darwin

ROBERTSON BARRACKS, Northern Territory, Australia – For most Marines who arrived in the Northern Territory only a few months ago as part of Marine Rotational Force Darwin, the Australian culture has been a foreign concept.

From the accents and wildlife, to the traffic laws and climate, it was apparent they had definitely traveled far from home.

However, for Sgt. Ian Polhamus, squad leader, third platoon, Lima Company, 3rd Battalion, 3rd Marine Regiment, MRF-D, this rotation has not felt like a deployment but a return to his childhood.

“Back in 1990, my dad was in the Air Force. He was stationed about 150 kilometers from Adelaide,

South Australia. We lived here for about seven years,” said Polhamus. “I was very excited when I found out we were going to Australia. I came back to the place I grew up. This is where I have all of my childhood memories. It was a big part of my life.”

Some of Polhamus’ fondest memories of Australia are from the 3-kilometer radius town where he lived.

“I grew up right in the outback, so there were no big trees like there are here. It’s basically desert,” recalled Polhamus. “I would ride my dirt bike and chase kangaroos with my Australian Shepherd dog. Then we would come back and have a barbecue with the neighbors.”

After spending years of his life in various places "Down Under," such as Queensland, Sydney, Darwin, and his favorite, Brisbane, Polhamus returned to the

U.S. where he found adjusting back to the American lifestyle tricky.

“I came back with a strong accent, and I pronounced certain words differently,” he said. “I learned different words for things; like bathroom was called the toilet or a dunny.”

Since his return to the "Top End," he has received several visits from family friends, including a baby sitter who took care of him as a child.

Having these visitors gave him the opportunity to share what he believes is the best part of the country with his fellow Marines.

“My favorite part of Australia is the people. They’re really friendly,” said Polhamus. “It’s what makes the experience. We’ve taken the Marines around the area. It’s really fun to just go out there and let them see a little bit of where I grew up.”



PMO contact numbers and locations

To report suspicious activity/behavior or for non-emergency calls, contact the desk sergeant:

257-1018/2123 (building 1096)

For information regarding check in/out, fingerprinting, or weapon registration, contact:

257-6994 (building 1095)

For information regarding pet registration, fishing regulations, or lost/found animals, contact the PMO game warden:

257-1821 (building 3099)

For information regarding vehicle decals, base passes, and vehicle registration, contact:

**257-2047/0183 (building 1637/1095 for MCB Hawaii)
477-8734/8735 (building 601 for Camp H.M. Smith)**

For information regarding traffic regulations, citations, or traffic court, contact:

**Traffic Court bailiff
257-6991/6992 (building 1095)**

For all other numbers not listed, contact:

**base information
449-7110**

For more information, visit the PMO website:

<http://www.mcbhawaii.marines.mil/Departments/ProvostMarshalsOffice.aspx>

IN AN EMERGENCY, CALL 911

PMO offers House Check Program

The summer months are upon us and the Provost Marshal's Office encourages communities practice extra vigilance to ensure children and belongings remain safe. As a reminder, PMO recommends to properly secure all personal belongings, vehicles, and garage doors. Every community can do their part to prevent theft or larceny and present a hard target. Be sure to report any vandalism or suspicious activity to the PMO desk sergeant at 257-2123.

A service offered to aid you in the protection of your home and belongings is the House Check Program. The purpose of the program is to protect property and prevent or detect burglary, vandalism and other crimes.

Due to the unique makeup of our community at MCB Hawaii, residents frequently go on leave or deployment and their residence may be unoccupied for extended periods of time. In order to begin the application process, please contact the Crime Prevention Section and you will be guided through the process. For more information, call 257-8312.

Topic of the Month

The Drug Education for Youth Program is open for children ages 9 through 12.

The DEFY program provides children with access and examples of tools and techniques to resist drugs such as developing leadership skills, instilling positive social skills through participation in team-building, conflict resolution, and decision-making activities.

Food, drinks, transportation and supplies will be provided during each DEFY session.

DEFY is also seeking volunteer mentors who will assist with the program. Eligible mentors must be military dependents or a military member. They are required to make a one year commitment to volunteering for the program. For more information about enrolling or volunteering, call Molly Pope at 257-8312.



Photos by Lance Cpl. Kasey Peacock | U.S. Marine Corps Forces, Pacific

First Adm. Dato Seri Pahlawan Abdul Aziz bin Haji Mohd Tamit, along with other multinational military leaders, attend the opening ceremony to the Association of Southeast Asian Nations Humanitarian Assistance/Disaster Relief and Military Medicine Exercise at the Multinational Coordination Centre in Muara, Brunei Darussalam, June 17. AHMX is a multilateral exercise that provides a platform for regional partner nations to address shared security challenges, strengthen defense cooperation, enhance interoperability and promote stability in the region. Aziz is the Joint Force commander, Royal Brunei Armed Forces.



Royal Brunei Armed Forces First Adm. Dato Seri Pahlawan Haji Abdul Halim bin Haji Mohd Hanifah (left), speaks with U.S. Marine Col. Douglas Pasnik, during the opening ceremony to the Association of Southeast Asian Nations Humanitarian Assistance/Disaster Relief and Military Medicine Exercise at the Multinational Coordination Centre in Muara, Brunei Darussalam, June 17.

ASEAN, from A-1

Center for Excellence in Disaster Management and Humanitarian Assistance, U.S. Pacific Command. “We are establishing communications with our various teams getting into position for the exercise,”

said Welsh. “Once communication is established, we will begin building towards executing our military response to the disaster. We will have naval, air and ground support ready for execution by the end of the day to carry out the operation for the exercise.”

Each nation has an important role to play in the execution of this exercise in both the MNCC and in the field training exercises, according to First Adm. Dato Seri Pahlawan Haji Abdul Halim bin Haji Mohd Hanifah. “Each day of the exercise brings us closer to our goal of being able to work together during future disaster relief efforts,” said Halim. All agree that the exercise provides allied and partner nations a platform to demonstrate their commitment to multinational cooperation, enhance multilateral interoperability, increase disaster preparedness, and promote security and stability throughout the Asia-Pacific region. Participating nations include ASEAN-comprised nations of Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar (Burma), Philippines, Singapore, Thailand and Vietnam; and other Asia-Pacific nations of Australia, China, India, Japan, New Zealand, Republic of Korea, Russia and the U.S.

MASP, from A-1

“(MASP is) also ideal for family members who’ve been out of school for awhile and would like to hone up on their academic skills,” said Caron Ferguson, an education and career specialist with the EC. “(MASP may provide) a bit of a confidence boost.” Those interested in enrolling can download the application form from <http://www.mccshawaii.com/edcenter>. Unit leadership must approve a service member’s request to enroll in MASP, and sign a form that goes to the EC. There is a \$40 enrollment fee, which includes the required texts. Wounded warriors have the option of extending their enrollment in MASP by attending class part time to accommodate for their medical appointments. “I thought it was a great class,” said Cpl. Michael Thompson, a cannoneer with Apha Battery, 1st Battalion, 12th Marine Regiment. “You’re surprised how much information you actually forget (from high school).” Thompson, of Oswego, N.Y., completed MASP last month and is soon planning to separate from the Corps and attend college. The 22-year-old said he spent about an hour a day on homework. He said MASP helped refresh his memory in math, and he is now able to write a college-level essay. Fullenwider said MASP can potentially help its students save money. If a service member enrolls in MASP and strengthens his or her skills to the point where they can pass placement tests such as College Level Examination Program or Defense Activity for Non-Traditional Education Support Subject Standardized Tests, they could potentially avoid spending more money on lower level, introductory courses when they reach college. “You don’t have to pay for a math class that you don’t need to take,” Thompson said. The EC has a partnership with the Waipahu Community School for Adults Windward Campus, which helps to provide instructors for the MASP courses. Margaret Teruya, a retired public school teacher, currently helps coordinate MASP aboard the base and also teaches. Teruya said her students have seen results of their work after one week. She said they have told her they learned much more in MASP class in a single week than they did attending high school. “They’re concentrating and thinking about (the material),” Teruya said of the MASP students. “They’re motivated to be there.” Teruya mentioned that through class evaluations, she noticed that students viewed themselves differently after taking MASP. While in the past they may not have felt that they were qualified for higher education, MASP changed their minds. For more information about MASP, call the EC at 257-2158.

Sports & Health

Wahine Koa shines bright, beats Wardawgs, 18-6

Lance Cpl. Suzanna Lapi
Marine Corps Base Hawaii

HONOLULU — The Wahine Koa women’s flag football team outshined the Wardawgs of Marine Corps Base Hawaii on an already bright Hawaiian day. Both were vying for a spot in the Hawaii Women’s Gridiron League championship game at Clarence T.C. Ching Field at University of Hawaii at Manoa, Sunday.

The undefeated Wahine Koa team, clad in bright, multicolored uniforms, displayed aggressive defense and an outstanding offensive performance. The team sealed its 18-6 victory early in the game due to their solid play. The Wardawgs struggled to make progress, not scoring on the gridiron until the end of the fourth quarter.

Wahine Koa completed its first touchdown in the first quarter and attempted the two-point conversion, but was unsuccessful. Further attempts at two-point conversions were either incomplete or thwarted by the Wardawgs.

Wardawgs center, Leora Cain, said in order to win in the future, her teammates need to push themselves and each other more.

“We didn’t play as hard as Wahine Koa did,” Cain said. “We just need more motivation. We did improve during our season through our coaches’ corrections and encouragement. They keep our morale positive, and I think we played a good game overall.”

The Wardawgs struggled with their kickoffs due to the strong afternoon winds, giving Wahine Koa an advantage in field position. While Wahine Koa benefited from good field position, the Wardawgs mostly were not able to secure a good spot on the field during its returns.

Throughout the first half, Wahine Koa players dug their cleats in and completed drives through a steady passing game, as the Wardawgs were shot down during their chance to complete downs.

Wahine Koa coach Michael Robinson said their undefeated game success comes down to practice.

“We practice hard, that’s all it is,” Robinson said. “Today we played like we practice. We saw a couple of things to clean up like blocking and fouls. But we came in with the mindset to get it done, and that’s what we did.”

After half time, Wahine Koa’s first play was a major success, moving the ball 24 yards. After the team’s next two plays, Wahine Koa made it to the 45-yard line.

Wardawgs defender Shannon Nagasako almost intercepted the ball at the 35-yard line, which could have been exactly what they needed to change the pace in their favor.

Wahine Koa quarterback Dana Hester and running back Brittany Robinson continued to seal big gains for the team through their passing and rushing performances.

Wahine Koa safety Christine Ayers said her team needs to execute the offense better and listen to their defensive coach.

“We need to try to make it as hard as possible for the offense to make it up the field on our defense,” Ayers said.

The Wardawgs’ one and only touchdown came after a penalty flag on Wahine Koa brought the team to the 15-yard line. However, the effort was too little, too late for the Wardawgs to make a comeback.

Cain said playing with her team has been a good experience.

“I really enjoy playing football with the girls,” Cain said. “It’s been a lot of fun and I’m looking forward to improving for our future seasons.”



Brittany Robinson, running back for The Wahine Koa women’s flag football team, runs to the end zone after catching the ball during a Hawaii Women’s Gridiron League game at Clarence T.C. Ching Field, Sunday.



Wahine Koa quarterback Dana Hester throws the football downfield as Wardawgs defense Leora Cain tries to reach for Hester’s flag during a Hawaii Women’s Gridiron League game at Clarence T.C. Ching Field at University of Hawaii at Manoa in Honolulu, Sunday.



Both the Wahine Koa and Wardawgs go head to head at the line of scrimmage, vying for a spot in the Hawaii Women’s Gridiron League championship game at Clarence T.C. Ching field, Sunday.



CHAPMAN



LAPI

Versus is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by emailing their ideas to HawaiiMarineEditor@gmail.com. If there’s a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your “opinion,” regardless of how wrong it is, featured below. Suit up ladies ... it’s game time.

PFT vs CFT: Which one is more useful?

Lance Cpl. Janelle Y. Chapman VS. Lance Cpl. Suzanna Lapi

CHAPMAN: The physical fitness test by far is the most strenuous and demanding test. Marines train harder for the PFT compared to the combat fitness test. We have to practice our crunches, hoping to get 100 in two minutes. We have to train for the three mile run, hoping to get a better score than the year before. Marines have to practice and achieve their pull-ups. Each of the three sections require some type of strength and endurance, a lot more than for the CFT.

LAPI: I agree the PFT is a more demanding test, but I think due to the purpose of the CFT, it’s more important than the PFT. With the added element of performing under pressure, performing buddy carries, Marines have more at stake. There’s also less time in between events, making the CFT faster paced. The PFT is all about the run, which is cardio. The CFT actually has more to do with strength, especially with ammo-can lifts. Both meet requirements for a physical test, but the CFT is more about being a Marine.

CHAPMAN: Yes I agree the CFT is more under pressure, but there’s not

much training needed to get a good score. More Marines get 300 CFTs than PFTs because there isn’t much effort needed to run 880 yards or run around a few cones. Any one can sprint a short distance. It takes stamina to run the whole three miles, and quickly. The CFT went into effect in October of 2009. If the CFT were so necessary and challenging, the Marine Corps would have started it earlier. Obviously the PFT requires a great amount of skill and ability since it has been used to set the standard for numerous years. The CFT is useless; the Marine Corps should go back to running two PFTs a year.

LAPI: I understand the effort it takes to conduct a PFT. But to say we should get rid of the CFT is ridiculous. Where else would we get the training for what we do during a CFT? Its purpose is to keep Marines ready, and a person who is ready and able is far better than the alternative. The time of its induction is irrelevant, just because it’s newer than the PFT doesn’t mean it’s less important. If anything that means the CFT is more important because the Marine Corps realized we needed something more than just the PFT.

CHAPMAN: Conducting the CFT doesn’t mean someone is ready for combat. When in war will we ever have to just run 880 yards in boots and utes? Then low crawl a few feet and run around cones carrying a person? You need more training than just the CFT once a year to be ready. At least the PFT helps you practice distance running. It pushes you to the limits. The Marine Corps probably added the CFT to give Marines a break from doing the strenuous PFT twice a year. I just believe the PFT requires more strength and agility than running a few yards and carrying a few objects around some cones.

LAPI: It sounds like you are backtracking now. At first you said the PFT should be done twice a year, and now you’re saying the CFT is necessary to give Marines a break. You can’t deny the strength and endurance needed to perform a CFT. Not everyone has a perfect 300 score, if that were the case then it would be made harder. Running in boots and utes isn’t easy and its purpose is for conditioning. What’s wrong with an added physical test that implements different ways to stay ready and train? The CFT gives versatility to our physical training, and that can only help us.

SPOTLIGHT ON SPORTS BRIEFS

Volunteers needed for 2013 Tinman Triathlon

Volunteers are needed for various tasks before, during and after the 2013 Tinman Triathlon, July 28. There are various volunteer opportunities during the triathlon, including run course marshals. High school and college volunteers are needed for four hours at the bike/run transition corral, starting at 5:30 a.m., July 28. Volunteers are sought for manual labor, setting up July 27 from 8:30 a.m. to 12:30 p.m. and breaking down July 28 from 10 a.m. to 2 p.m. Approximately 10 to 15 equipment crew volunteers are needed July 28, from 10 a.m. to 2 p.m., to break down the bike corral, and transport all equipment after the race. T-shirts, vests and arrows will be distributed and must be returned to a coordinator at the bike corral. Provide names, T-shirt sizes and parking passes by July 18. For details, call Joan Davis at 535-9070 or email jrdva4vp@hotmail.com.

Semper Fit Center offers Kid Fit

The Semper Fit Center is hosting its Kid Fit program at the Semper Fit Center gym. Kid Fit is an opportunity for children to learn all aspects of physical well-being. The program includes a combination of warming up, stretching, cardio respiratory fitness, strength and conditioning and cooling down. Children ages 6 to 12 years old are eligible for Kid Fit. Classes are held Monday, Wednesday and Friday from 8:30 to 11 a.m. For more information, call 254-7597.

Tradewind Triathlon scheduled in August

The Tradewind Triathlon is scheduled for Aug. 11 at 6:30 a.m. Register for the event at Semper Fit Center. For details, call 254-7590.

Join the First Tee of Hawaii

The First Tee of Hawaii is offering its junior golf program free of charge to children of active duty, reservist and National Guard service members. The program is open to children ages 7 to 18 at the Bay View Golf Range Driving range on Kaneohe Bay Drive, Sundays at 11 a.m. The program teaches valuable life skills, and participants learn how to play golf. To register, show up to practice Sundays at 11 a.m. For details, go to <http://www.thefirstteehawaii.org> or call 478-3466.

101 Days of Summer volunteers needed

The Health Promotion Office needs volunteers for the 101 Days of Summer events. To volunteer, call Karley Peterson at 254-7593 or Neil Morgan at the Health Promotion Office, 254-7636.

Bowlers battle to win ‘Splits and Gutters’

Story and photos by
Christine Cabalo

Marine Corps Base Hawaii

Marines and sailors aimed to hook a win at K-Bay Lanes for the Splits and Gutters bowling tournament, which ended June 27.

The Single Marine and Sailor Program hosted the four-week tournament and awarded grand prizes to the top three scorers. Players picked any Thursday in the month to bowl for their score.

“We decided to try it this way so everyone could come on their own Thursday,” said Karley Peterson, the SMSP coordinator. “I think it’s been successful.”

Last year, the bowling tournament was a one-day event featuring more than 90 players. This year 186 players bowled during the four days of the tournament, Peterson said.

Several players said the new format made it convenient to join and relax with an evening game. The tournament first-place winner Donald Jones said competing in the SMSP event improved his skills. He saw many people he bowls with in the base Commander’s Cup Monday Bowling League, including his league teammate Eric Stansbury.

“This was helpful because we get tournament experience,” said Jones, a native of Houston. “We learn about the people we bowl with too.”

Jones said he appreciated how he met new people and had a chance to unwind from work by doing something fun.

“Bowling is a mental game,” he said. “During setup on the approach, you need to focus on where you want the ball to go. Bowling clears your mind.”

Other Commander’s Cup league players also aimed to win at the SMSP tournament. League players Justin Berchtold and Antonio Planzo said the lanes were packed with participants during tournament days. The duo, Marines from the Marine Forces Pacific Band, were also on the winning Commander’s Cup team.

Berchtold said the event encouraged many single service members to play because the SMSP offered support to participants. Coordinators covered the costs of shoe rentals and food. Fawn Liebengood, a recreation assistant with SMSP, also raffled off prizes.

The SMSP has hosted several events Berchtold said he’s participated in



Splits and Gutters Tournament Top Three Winners

Donald Jones
Naval Health Clinic Hawaii
229

Josh Nettles
3rd Marine Regiment
210.5

Jonathan Mancini
Combat Logistics Battalion 3
202.5

and enjoyed, including the program’s casino nights. He said he’s anticipating the SMSP’s upcoming sightseeing trips.

“There’s a lot to do in Hawaii,” Berchtold said. “People should take full advantage of what’s available through the program.”

The SMSP tournament was a chance for Erika Linny to interact with others and improve her game. Linny, who is a sailor and regular bowler, said the staff is always friendly and offers good playing tips. Linny said she’s glad the SMSP hosted a bowling tournament that was affordable.

“It’s so important to have events that are low cost or free,” she said. “We’re all on a budget, but we want to have fun. Especially in Hawaii, going out can cost a lot.”

Only three bowlers could take the top prizes but all the tournament players scored some low-cost fun.



ABOVE: Donald Jones, a native of Houston, bowls at the Splits and Gutters tournament during the June 21 session. Jones placed first with the highest average score of 229.



LEFT: Antonio Planzo (right) low fives his bowling partner Justin Berchtold after Planzo picked up a split at the tournament. The Single Marine and Sailor Program held the contest each Thursday in June.

COMMUNITY AND VOLUNTEER BRIEFS

12th annual Hula Hoolauna Aloha Festival features exhibition, competition

The 12th annual Hula Hoolauna Aloha festival will once again bring together Japan and Hawaii in honor of hula’s traditional customs and vibrant culture for a weekend-long celebration. Festivities begin Saturday, at Kahala Mall from 10 a.m. to 6 p.m. with a hula exhibition featuring 45 performances. Multi-Na Hoku Hanohano Award winner and Kumu Manu Boyd will make a special appearance around 12:45 p.m. The celebration will continue at The Royal Hawaiian Hotel’s Coconut Grove Sunday from noon to 6:45 p.m. with a hula halau competition, hula demonstration and more. The public is invited to attend both events free of charge; however, seating at the hula competition is limited to friends and family of participating halau, and those with a Hawaii state or military identification card. For more information, visit the Japanese language website, <http://www.hoolauna.com>, or call 926-4504.

Kokua Hawaii Foundation seeks volunteers

Kokua Hawaii Foundation is currently recruiting volunteers to join its Actively Integrating Nutrition and Agriculture in Schools docent teams for our partnering schools for the 2013-2014 school year. The opportunity is a school year-long commitment. The intent of the program is to connect children to their land, waters and food to grow a healthier future for Hawaii. No experience is necessary. The foundation will train volunteers to teach nutrition lessons for grades two and six, or garden lessons for kindergarten and grades one, three, four or five. Docent teams will teach these hands-on, cross curricular, standards-based lessons one day a month. Interested volunteers must be able to attend the first of four quarterly trainings in August and September for the component they are interested in (Gardens or Nutrition) and commit to a docent team from August 2013 to May 2014. For more information please email volunteer@kokuahawaiiifoundation.org.

MarForPac Band summer concert series

The U.S. Marine Corps Forces, Pacific Band perform free July 12 in Mololani Park, from 6 to 7 p.m. The venue is located at the corner of Lawrence and Champion Roads in Forest City housing area. Blankets, chairs and coolers are welcome. Call 254-7679, with questions.

Experience Korea at annual Korean Festival

Experience one of the largest cultural festivals of the year in Hawaii, the 12th annual Korean Festival, July 12 to 13 at Kapiolani Park and Bandstand. On July 12, there is a free showing of the movie “Forever the Moment,” the true story of the Korea women’s handball team which competed in the 2004 Summer Olympics. Food booths open at 4 p.m., and the movie will begin at 7 p.m. The Korean Festival features an array of entertainers and featuers performances such as taekwondo (Korean martial arts) demonstrations, and Korean fan and drum dances. There will also be interactive activities, such as Korean cooking lessons and a kim chi eating contest. Music and acting star Kim Tae Woo will be headlining a free concert at the park on Saturday at 7 p.m. Free parking is available around Kapiolani Park and at Kapiolani Community College. A free shuttle will be available for those parking at KCC. For more information, visit <http://www.koreanfestivalhi.com>.

Art gallery hosting exhibit

Andrew Rose Gallery is hosting an exhibit called “On Paper II,” is scheduled from July 15 to Sept. 27, with a reception on July 18. The exhibit presents paintings, drawings and prints on paper by gallery and invited artists. Hours of operation are Monday through Friday from 11 a.m. to 5 p.m., and by appointment. Parking is left at Alakea Street before Hotel Street. For more information, contact the gallery at press@andrewrosegallery.com or 599-4400.

Take time for Talk Story Camp

Come to the 3rd annual Talk Story Camp, July 19 to 21, for three days and two nights of stories at Camp Paumalu on the North Shore of Oahu. There will be local storytellers and mainland guests, food, hikes, workshops and more. For details email jeffgere@lava.net or call 737-1774.

Register for July AFCEA luncheon

The Armed Forces Communications and Electronics Association luncheon is scheduled for Tuesday 11 a.m. check-in and 11:30 a.m. buffet at the Hale Ikena Club aboard Fort Shafter. The guest speaker for this luncheon will be Brig. Gen. Richard Simcock, deputy commanding general of U.S. Marine Corps Forces,

Pacific. There is a fee for AFCEA and non-AFCEA members. For more information, visit <http://www.afceahawaii.org> or contact: Barry Fong, barry.fong@twtelecom.com or 441-8565. The point of contact for registration is Ken Wiecking at ken.wiecking@twtelecom.com or call him at 441-8524.

Register for August AFCEA luncheon

The Armed Forces Communications and Electronics Association luncheon is scheduled for Tuesday, Aug. 13 at the Hale Ikena Club, Fort Shafter. Check-in starts at 11 a.m. and the buffet will be available at 11:30 a.m. The guest speaker is Rear Adm. Frank Ponds of Navy Region Hawaii. There is a fee for AFCEA and non-AFCEA members. For more information, visit <http://www.afceahawaii.org> or contact: Barry Fong, barry.fong@twtelecom.com or 441-8565. The point of contact for registration is Ken Wiecking at ken.wiecking@twtelecom.com or call him at 441-8524.

MARINE MAKEPONO

Means ‘Marine Bargains’ in Hawaiian

Kaneohe studio apartment for rent. Large deck with ocean view of Chinaman’s Hat and Marine Corps Base Hawaii. Includes custom bathroom with hot tub/shower, covered parking, refrigerator and sink with disposal. No smoking or barbecuing. \$1,300. Call 239-5459 for more information.

Car for sale. 2009 Subaru Forester Premium SUV. Cherry color. Leather seats, large sunroof, 17-inch wheels. All wheel-drive. Selling \$13,900 under book value. For more information call 255-8454.

If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, fill out a form at the Marine Corps Base Hawaii Public Affairs Office in building 216, room 19. Please have your military ID and a short write-up of what you’d like to run. You can fill out the form on the spot or return it to the office later. Emails, faxes and telephone calls are not accepted for Makepono classified ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.

VOLUNTEER OPPORTUNITIES WITH NMCRS K-BAY

The Navy-Marine Corps Relief Society is a nonprofit organization run by volunteers that aids and supports Marines, sailors and their families. It offers financial counseling, Budget for Baby workshops, education tuition scholarships/assistance and interest-free loans and grants. The society is constantly looking for individuals who would be interested in helping with various programs.

NMCRS offers a variety of ways you can contribute as a volunteer. Do you have a background in finance? Or maybe you’re interested in learning more about financial counseling and helping others out of debt. If so, join the society as a caseworker.

Perhaps you’re more interested in helping new and expecting parents prepare for a new baby. You would make a perfect instructor for Budget for Baby class.

Do you enjoy public speaking and meeting new people? We would love to have you aboard as part of our publicity and marketing team and an ambassador for NMCRS. No matter where your interests lay, if you have the time and want to give back to Marines, sailors and their families, we have a place for you at NMCRS K-Bay.

- Build your resume
- Develop new skill sets with free training
- Child care and mileage reimbursement available to all volunteers
- Broad range of volunteer opportunities available

Call 257-1972 or email lauren.giblin@nmcrs.org for more information.

Hawaii Marine Lifestyles

Pali Puka trail is a short, yet intense hike located near the Pali Lookout.



by Lance Cpl. Matthew Bragg

Cpl. Sarah Dietz | Hawaii Marine

"I've been wanting to do this hike since I got here five months ago. I wanted to see what it was like on the mountain top. I finally got my chance!"

It finally happened. I got a couple people to go with me, Saturday, on a hike I had been wanting to do for a while: Pali Puka.

The hike got its name from a hole in the rock at the top of the mountain. "Puka" in Hawaiian means "hole."

I grabbed two friends of mine to go with me. We drove out to the lookout point, and it was packed with tourists. I wasn't worried though, because the entrance to the hike is pretty well hidden.

The entrance is a broken gap along a waist-high stonewall, which put us directly on the dirt trail that lead up to the ridge.

Walking through the shrubs, we were immediately greeted by a mesmerizing bamboo forest. Straight-ahead was a muddy trail, we were sliding all over the place, but we made it up, with the aid of the trees and vines we clung to.

After climbing a few humps during our ascent upward, we eventually exited the small forest and were on the mountain ridge.

From this point on, the path was along a ridge, with a sheer drop hundreds of feet down. If you are afraid of heights, you may not like this hike.

Continuing our ascent to the puka, we had to climb a few more steep hills that required the use of ropes.

The ropes are part of the hike, and luckily we didn't need our own or else we would probably be forced to turn back.

Eventually, we came to a noarow path that looked like a stone bridge. Roughly a foot and a half wide, the



Cpl. Sarah Dietz | Hawaii Marine

While on the Pali Puka trail we discovered a chameleon crawling down a tree. Other things to keep your eyes open for are many different plant spices that are indigenous to Oahu.

stone had no trees to cling to as we crossed, it was the last obstacle before reaching the puka.

We reached the end of the trail, and it was a sight to behold. Beneath the bridge-like stone structure laid a gaping hole, the puka.

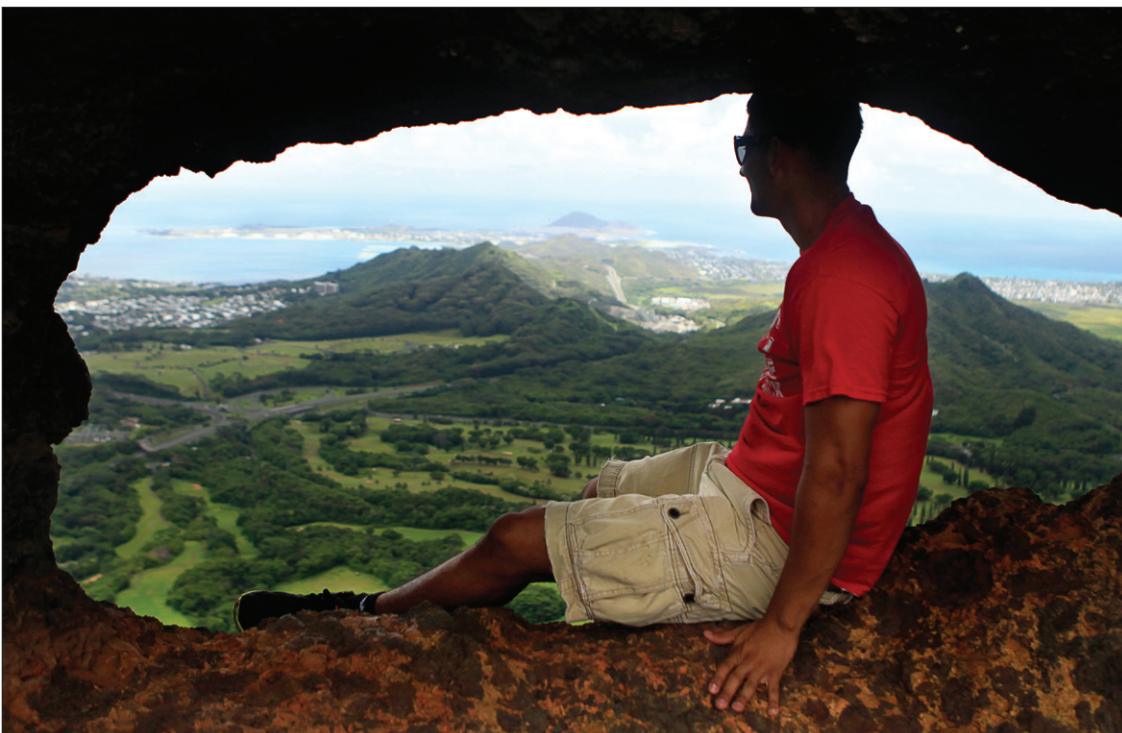
The view was magnificent. As we enjoyed the moment, it began to rain, and we hurriedly stowed our camera gear as the rain grew harder. It was pretty intense for a minute.

Traveling back down the ridge showed the same spectacular views of the island while adding a sense of weariness with each step we took. After all, the hike was a pretty steep descent. Also it had just rained, so the dirt was a bit muddier than when we climbed up.

We found ourselves actually slipping most of the way down, and clang to tree branches nearly the whole way down.

I highly encourage this hike to anyone feeling adventurous. Although the hike was short, it will still take a while to get to the top. Make sure to wear appropriate hiking attire with some tennis shoes you don't mind getting dirty, because the trail is mostly dirt and mud.

The next step from here is to get in your car, drive to Pali Lookout, start the hike and soak in the beautiful views of Oahu.



Cpl. Sarah Dietz | Hawaii Marine

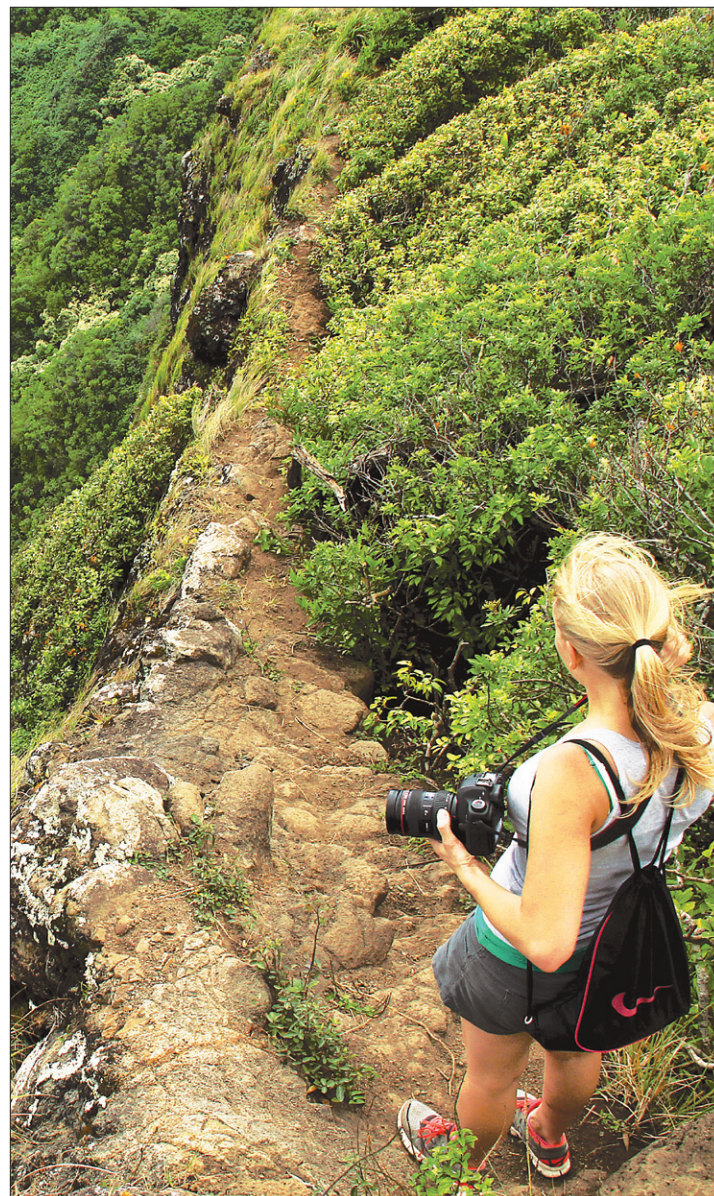
ABOVE At the puka, Cpl. Carlos Iruegas, with 2nd Battalion, 3rd Marines, sat on it to enjoy the view. The other side of the puka is a sheer drop hundreds of feet down the side of the mountain.

FAR RIGHT Cpl. Sarah Dietz walks along the mountain ridge and attempts to contain her fear of heights.

RIGHT A bamboo forest located at the beginning of the trail.



Cpl. Sarah Dietz | Hawaii Marine



Lance Cpl. Matthew Bragg | Hawaii Marine

PASS

IN

REVIEW

Your weekly guide to the best aspects of entertainment

Welcome to the Pass In Review, your No. 1 source for cinema, music, video game, book and product reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game, product or book great. So be sure to take advantage of the Better Know A Critic section, which spotlights this week’s critics to better help you choose the critic with opinions most like your own. Using our breakthrough four-point scale system, you can quickly decipher what is worth your time and what isn’t, or read the full review for an in-depth analysis and explanation of the rating. The rating system uses ammunition and range terminology, so if you’re not familiar, here’s a quick breakdown of the ratings ...

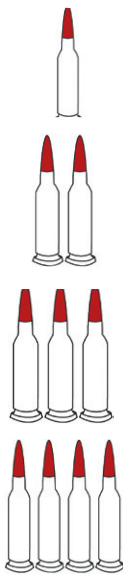
- 1/4 — No Impact, No Idea

Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.
- 2/4 — High And To The Right

Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if there’s nothing better to do.
- 3/4 — On Target

Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.
- 4/4 — Confirmed Kill

Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.



So, there you have it and we hope you enjoy our weekly reviews. Don't forget, the Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm, feel free to submit your own reviews.

Better Know A Critic



WONG

Kristen Wong admits she sometimes has to be dragged to movies that she later finds to be outstanding. She loves movies that make her care about the characters and sympathize with their plight. She enjoys action, fantasy, comedy and dabbles in horror.

‘White House Down’ gets a thumbs up

Kristen Wong
Marine Corps Base Hawaii

Imagine going about your regular day when all of a sudden, real danger crosses your path, and for the first time, you experienced true fear. Would you try to be a hero, or would you run away? No one can really answer that question until they are in that situation. Several characters were thrown in this situation and found their answer in “White House Down.”

It’s a regular morning at the White House — government personnel are heading to work, tourists follow a guide around the grounds, and U.S. President James Sawyer (Jamie Foxx) prepares for another day. Recently, Sawyer has proposed to withdraw all troops from Iraq and Afghanistan, end the war and promote peace, to the disappointment of many of his critics.

Meanwhile, Capitol policeman John Cale (Channing Tatum) is hoping for a new start, pulling strings to get a job interview with the secret service and special White House guest passes for himself and his estranged daughter, Emily, with whom he is trying to reconcile.

But that same morning, an explosion, followed by a shooting spree by unknown gunmen forces White House officials to take emergency measures. In the chaos, John is separated from his daughter. While trying to find Emily, John is given a rare opportunity to save the president — and the nation.

This movie is multilayered in what it offers. First, the audience gets a chance

to dive into the history of the White House. Throughout the movie, we learn a few key dates and facts about the building, its antiques, and past presidents. We also learn about myths and legends surrounding the White House, some of which are brought to life in this story.

Second, as it states in my “Better Know a Critic” blurb



above, I like movies that give me a reason to care about the characters and what they’re going through. If I don’t care, I’ll be counting

down the minutes till the end of the movie. Both Foxx and Tatum played their roles well. While some presidents take a back seat in the movies, being ushered away by their guards and watching safely from the sidelines, President Sawyer is thrust into the action, and shows a tough, resilient personality. Joey King, who plays Emily, portrays a child who is just as scared as any child would be in that situation, but also shows maturity well beyond her age, and even plays a crucial role in the action. Tatum’s character does not immediately take on the role of the hero. His first priority is his daughter. He portrays a flawed character with doubts and hesitation, with whom we can relate.

Third, there is no lull. The plot kept me on the edge of my seat, with the exception of the five minutes in which my bladder was “compromised” and I was forced to take evasive action. It’s almost as if I were running through each room, holding my breath while hiding behind that pillar, and tears streamed down my face as I watched the characters struggle with fear and loss, or make difficult decisions.

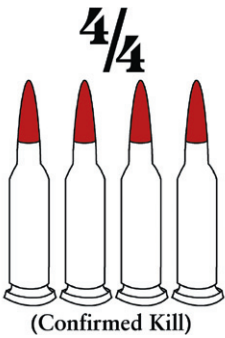
The movie was not purely unique, but what is in this day and age? I’ve seen enough movies to know where the movie is headed within the first five minutes. Many movies use the unlikely hero or heroine with

heart and courage, but is down on his or her luck, and just needs that one opportunity to really shine and prove themselves, like Oscar Diggs in “Oz the Great and Powerful.” We’ve already seen Harrison Ford play a president of the United States who steps up to help save the day in “Air Force One.” It’s also not a big surprise when someone turns out to be a traitor. But a cliché plot can still be entertaining, with characters I care for, and exciting, suspenseful scenes.

I’m a little skeptical about a few scenes in which Director Roland Emmerich takes creative license to make the movie come full circle by providing an unrealistic or impossible solution to a problem. But hey, if the decommissioned USS Missouri can go from floating museum to fully functioning and combat ready in less than five minutes in “Battleship,” anything is possible in a screenwriter’s imagination. In this case, I cannot describe the scenes without adding spoilers, but I will say I was emotionally moved enough to look past reality and appreciate the story.

Active duty service members may want to check out “White House Down” for the big roles the military plays, if nothing else to laugh, shake their heads and point out inconsistencies between their own job and Hollywood’s interpretation.

I have heard that President Obama asked for the DVD. But this movie is worth seeing before then.



Movie

Times

Prices: All shows are \$3.25 for adults and \$2.25 for children. For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call **254-7642** for recorded information.

“The Internship” PG-13 Today | 7:15 p.m.

“Star Trek: Into Darkness” PG-13 Today | 9:45 p.m.

“After Earth” PG-13 Saturday | 7:15 p.m.

“The Purge” R Saturday | 9:45 p.m.

“The Incredibles” PG Sunday | 2 p.m.

“Fast and Furious 6” PG-13 Sunday | 6:30 p.m.

“Star Trek: Into Darkness” PG-13 Wednesday 6:30 | p.m.

ENVIRONMENTAL CORNER: *Keep FOG out of the sewer system*



Fourth of July weekend is winding down and you're left with FOG! What's that?

The acronym stands for fats, oils and grease with which you cook and prepare food. Remember to dispose of them properly in the trash, not the drain.

Pouring fats down the drain is the number one cause of kitchen sink clogs, plumbing backups, and sewage spills. It can create blockages in the sewer system, could cause sanitary sewer manholes to overflow, and contaminate local waters. Here are four ways to properly dispose of FOG keeping it out of the sewer system:

1. Remove oil and grease from dishes, pans,

fryers and griddles. Cool it first then skim, scrape or wipe off excess grease into the garbage.

2. Scrape food scraps from dishes into trash cans and garbage bags, and dispose of them properly. Avoid using the garbage disposal or food grinder and make sure scraps are put in the garbage instead.

3. Rinse dishes with cold water before putting them in the dishwasher.

4. Use strainers in your sink and empty into the garbage can as needed.

If you have questions about disposing FOG on base, contact the Environmental Compliance and Protection Department at 257-6999.

